

Hawaii MARINE SPORTS

HAWAII MARINE C SECTION

OCTOBER 19, 2007



Edward Smith, HQBN runningback, drives around the line, picking up yards and a first down during an Intramural Tackle football League game at Pop Warner Field here Oct. 10.

CSSG-3 defeats HQBN, 12-8

Story and Photos by
Pfc. Ronald W. Stauffer

Combat Correspondent

The Combat Service Support Group 3 Warriors defeated the Headquarters Battalion Warriors when Marcus Vital snagged a pass out of the air and ran in for the winning touch down, during an Intramural Tackle Football League game at Pop Warner Field here, Oct. 10.

With the season coming to an end and the playoffs coming up, CSSG-3 now stands at 2-3 for the season and HQBN still sits in last place at 0-5, searching for a win.

“We worked hard this week and we practiced hard,” said Harold Wallace, HQBN head coach, before the game. “We’re hoping that the practice will pay off and we’re looking forward to this game.”

A powerful kickoff by CSSG-3 started the game.

Off to a rocky start, a flag was thrown on the first play, pushing HQBN back toward the CSSG-3 end zone. Ryan Johnson, CSSG-3 outside linebacker, rushed in to sack the HQBN quarterback for a safety, but was declined with a flag.

Edward Smith, HQBN running back, pushed through the line to get the first down, but turned over after an interception during the next play, giving CSSG-3 possession of the ball. HQBN’s strong



Supportive fans cheer on CSSG-3 during an Intramural Tackle Football League game.

defense left CSSG-3 with no yards, forcing them to punt.

Driving hard into the second quarter, both teams battled for yards, landing CSSG-3 on their own one-yard line and Robert Walston, their head coach, out on the field for a talk.

Out of nowhere, Irving Green, CSSG-3’s quarterback, fumbled in the end zone, resulting in a safety and putting two points on the board for HQBN.

“We’re going to speak with our pads,” Said Westley Miller, HQBN defensive end. “Every time we hit them they know we’re

talking.”

During a sneak play handed off to Smith, the ball was lateraled to another player but was picked off in the air by a CSSG-3 defender.

While the HQBN defense held strong, neither team was able to score a touchdown by the end of the first half, with HQBN in the lead, 2-0.

While the half time clock ran down, each coach gave their team a motivational speech on opposite ends of the field.

See FOOTBALL, C-6

Bada-Bing one run shy of tie

Story and Photos by
Pfc. Ronald W. Stauffer

Combat Correspondent

The Helicopter Anti-submarine Squadron Light 37 EasyRiders took flight over the Patrol Squadron 47 Bada-Bing, 8-7, after an extraordinary lead-off homerun by Brian Teets, during an Intramural Softball League game at Risely Field here Monday.

Bada-Bing started the night off fresh and confident, preparing to dominate in the first game of a double header they played that night.

“About four of our starters are flying, so I’m expecting a lot of fun and a little bit of ingenuity,” said Bobbi Maxwell, Bada-Bing head coach. “The other team looks tired, so hopefully that will help us, but win or lose we’re here to have fun.”

The EasyRiders stepped into their second game of the night with confidence after winning their previous match

and expected the same outcome against Bada-Bing.

“We’re completely warmed up and ready to win this game now,” said David Booth, EasyRiders’ third baseman.

At the start of the first inning, Bada-Bing was shot down with a three up, three out start because of soft-lobbed pop flies.

With the Easyriders up to bat, Teet, EasyRiders left centerfielder, came out swinging and knocked a fast, low drive past the outfielders, making the first and only homerun of the game.

Unfortunately for the EasyRiders, the Bada-Bing defense was running full speed, letting nothing else by them for the short remainder of the inning and snagging two fly balls out of the air for outs to end the first inning.

“We’re going back to the basics with good throws and base hits,” said Maxwell, encouraging the team as they got ready to bat. “Killing the ball and home



David Booth, EasyRiders third baseman, cuts into a ball during an Intramural Softball League game here Monday.

runs isn’t the way to win.”

The next inning started with nothing but line drives through the infield, giving Bada-Bing the chance to run the game as they put runners on the bases and brought

them home. They were able to bring in four runs before the EasyRiders put them back on the field and in the lead, 4-1.

See SOFTBALL, C-7

SOK athletes team up to bowl K-Bay Lanes Saturday

Story and Photos by
Pfc. Ronald W. Stauffer

Combat Correspondent

The Special Olympics for Kids brought smiles to the faces of both the parents and children who participated in the bowling event at K-Bay Lanes here Saturday.

As more than 120 athletes prepared to bowl, they were cheered on by supporters, parents and volunteers.

“This event is the singles bowling tournament for the Windward area and the largest as well,” said Nip Ho, vice president of area review for Special Olympics, Hawaii.

“We’ve been doing this competition for the last 15 years.”

The mission of the Special Olympics is to provide training and athletic competition for individuals with intellectual disabilities and serves more than 2,000 people in Hawaii.

Children of all sizes came to the event with two things in common. They all have an intellectual disability, and it hasn’t stopped them from competing.

Every lane was packed as the teams began to bowl. Some used bowling ramps,

See BOWLING, C-2



Every bowler was awarded with ribbons at a small ceremony for their accomplishment, after they finished bowling during a Special Olympics Kids bowling tournament at K-Bay Lanes here Saturday.

3rd Radio Bn, HQBN win 101 days of summer

Lance Cpl. Brian A. Marion

Combat Correspondent

Commands throughout Marine Corps Base Hawaii participated in the 101 Days of Summer Drug and Alcohol Prevention Campaign from May 18 through Sept. 3, but there could be only one winner, though in two different categories.

Third Radio Battalion and Headquarters Battalion each won first place in their respective categories, with Headquarters dethroning the four-year, first place command, Marine Aviation Logistics Squadron 24.

“If I knew MALS was undefeated, I would’ve been more concerned about our outcome,” said Lt. Col. William Perez, commanding officer, HQBN. “I think us winning demonstrated that, at this time, we were able to beat them, but they are a fantastic unit with high morale, and I’m looking forward to next year. The whole event demonstrated the level of dedication on the parts of the Marines and Sailors here.”

The 101 Days of Summer winners won based on participation in various sports tournaments, volunteers, unit briefs and urinalyses.

“Units got points based on how many teams they could field in sport tournaments, including basketball, football, softball, soccer, bowling, dodgeball, swimming and flag football,” said Quentin Redmon, drug demand reduction coordinator. “They also got points on how many people attended their unit briefs, volunteers for Bayfest and the Barracks Bash Party, unit

See SUMMER, C-2

ONGOING SPORTS BRIEFS

Parents for Fitness

The Parents for Fitness Program is a cooperative babysitting effort available at the Semper Fit Center, here for all active duty service members and their families. The PFFP participants are required to volunteer babysit three times per month and is open for children 6 weeks and older.

For more information, contact Dana at 235-8901.

Deep-Sea Fishing Charters Offered at Base Marina

Fishermen searching for convenient access to deep-sea charters need look no further than the Base Marina. Bill Collector Fishing Charters offers numerous charter packages accommodating up to six passengers.

Avoiding the traffic and crowd of Oahu’s South Shore, Bill Collectors charters fish from the uncrowded waters of Windward Oahu.

For more information or to charter the Bill Collector, contact the Base Marina at 257-7667 or 254-7666.

Campground and Picnic Sites

For picnic and campsites, Marine Corps Base Hawaii offers some of the most scenic beaches on the island.

Three of those beaches, Pyramid Rock, Hale Koa and Fort Hase, are available by reservation from dawn to dusk. Hale Koa Beach is available for overnight camping, but requires a reservation.

For more information, contact 254-7666 for Kaneohe or 477-5143 for Camp Smith.

Okinawa Kenpo Karate

Every Tuesday and Thursday, join Youth Activities’ contractor for Kenpo Karate Kobudo classes from 6 to 7:30 p.m., in Building 1391, located behind the old 7-Day Store.

Adults and children are welcome. Cost is \$35 for adults, \$25 for children, and \$20 for additional family members.

For more information, contact Youth Activities at 254-7610.

Paintball Hawaii

Nestled behind the Lemon Lot stands Paintball Hawaii. Shoot over for great deals and have a blast with your friends.

Cost is \$25 per person and includes one air refill, equipment and the field fee. The field is open week-ends from 9 a.m. to 5 p.m.

For more information or to schedule an appointment, call 265-4283.

K-Bay Lanes

K-Bay Lanes offers economical entertainment Mondays through Thursdays. All E-1s to E-5s pay \$1.75 for games and .50 cents to rent shoes.

For more information, contact K-Bay Lanes at 254-7693.

K-Bay Lanes Color Pin Special

Every Wednesday, when you roll a strike and a colored pin is in the headpin position, you can win up to three free games of bowling. All patrons are welcome to take advantage of this deal. If you make the play, you win!

For more information, contact K-Bay Lanes at 254-7693.

Personal Trainers Available at Semper Fit

For those looking to get into a tailored exercise regiment, or just looking for good advice on weight management and weight control, the Semper Fit Center offers free personal training consultation.

You can schedule an appointment with a trainer who will take body-fat measurements, blood-pressure and heart-rate readings.

They will do all this and tailor a program, based on your physical needs and ambitions.

For only \$5 per workout, a professional trainer will actually work with you to ensure maximum efficiency.

Pick up a personal training appointment card at the Semper Fit Center now.

For more information, contact the Semper Fit Center at 254-7597.

Semper Fit Center Offers Array of Group Exercise Programs

Semper Fit Center announces a new and expanded aerobics program. These new classes include a variety of workouts.

The class schedule for Fridays is as follows:

8:45 to 10 a.m.
Step Challenge

11:45 a.m. to 12:15 p.m.
Gut Cut

4:45 to 5:45 p.m.
Cycling

5:45 to 6:45 p.m.
Pilates

7 to 9 p.m.
Aikido



Children of all ages had fun while bowling, using different techniques and styles during a Special Olympics for Kids bowling tournament at K-Bay Lanes here Saturday.

BOWLING, from C-1

which let them rest the ball at the top and roll it down onto the lane. Others used anything from a crouching roll down the lane to a simple one-arm bowl.

“The Special Olympics is a place of acceptance, and they know they’ll be competing with their peers,” Ho said. “It’s a competition of their own.”

The teams were made up of individuals who had the same or similar disabilities and competed against each other within the team.

As the balls rolled down the lanes and crashed into the pins, the numerous volunteers praised the players for their efforts and helped them set up for their next shot, if needed.

“Half of the volunteers come from here and the other half have come from Hickam,” Ho said. “A majority of our volunteers are military, and K-Bay has been

marvelous in helping.”

Ho said 80 percent of volunteers for major events are service members, and the responses are unbelievable world wide when it comes to the military becoming involved.

Many of the bowlers who participated in the event had coaches who dedicate their time to help the children learn and love the game.

“You can teach them the skills but the hard part is some of them have already been trained, and they’re harder to teach because you can’t change their technical skills,” said Joan Yamanaka, head coach and head of the tournament.

Yamanaka said she has coached for more than 20 years and has been involved in the program for 30 years. The coaches need a lot of patience and empathy but not sympathy for the kids, according to Yamanaka.

Under the coaches, the organized vol-

unteers do their part working with the kids and making the event an enjoyable experience.

“Everyone puts their piece into it with their time and enjoyments of their accomplishments,” said Cpl. Manual Garcia, event volunteer. “I volunteered this time and I would do it any other time.”

This was Garcia’s first event, and he said he had a good time helping and watching the children have a good time. Their pride in their accomplishments was rewarding enough for him.

As the smiles continued to glow and teams finished, their scores were recorded and each was individually rewarded with ribbons outside of the doors for parents and onlookers to view and congratulate them.

“The Special Olympics is a family affair, and we encourage parents to bring their children,” Ho said.

Football player kicks past pressure

**Story and Photo by
Christine Cabalo**

Photojournalist

Scoring a field goal during her first game, fans cheered Sarah Russell when she took her helmet off to wave to the crowd.

Wearing 27, the newest player for Marine Aircraft Group 24’s Bandits is the first woman to play in the base Intramural Football League since it began six years ago. Russell said she was just a fan of the games and liked rooting for the Bandits.

“I noticed they kept going for a two-point conversion,” Russell said. “I thought they must not have a kicker. I just talked to the coach, and he told me to come try out.”

Russell, who has played in two games this season, said she was always a football fan. Rooting for the Seattle Seahawks, the Bandits’ kicker said she has a better appreciation for the challenges her favorite team faces at game time.

“I’d watch and think, ‘How could they miss that play,’” she said. “It’s a lot harder than it looks, and everyone contributes to scoring. There’s a lot of teamwork. If one thing goes wrong, then the whole play could get ruined.”

Assigned to Marine

Aviation Logistics 24, the Bandits’ kicker said she first started playing sports when she was 4. Russell played soccer competitively through high school before deciding she didn’t want to pursue a position with a college team. The Sailor also plays with the base intramural soccer team.

Jaime Willis, Bandits’ head coach, put her on the team and gave her game gear right after trying out. Willis said the two worked on fundamentals and kicking techniques once Russell made the team.

“We did a few unorthodox things,” he said. “To get her used to kicking a football rather than a soccer ball, I had her kick wet footballs. They’re heavier, so she could kick a regular football easily.”

The Bandits’ head coach said he began working with the kicker to get to her adapted to playing in a sport with increased physical contact. Willis said he and other teammates practiced by heckling and screaming obscenities, as Russell had to focus to make a kick.

“I’m learning just to tune everything out,” she said. “Silence everything, and then I just kick. When I’m trying to quiet down everything I focus on visualization. I imagine in my head the ball will

go straight and not curve.”

Russell said she does feel nervous when she’s out on the field, and she’s been able to land every kick she’s given in practice.

“I feel some pressure to prove myself,” she said. “There’s no difference between a guy or a girl football kicker, and I do get nervous. If you can kick, then it really doesn’t matter if you’re male or female.”

The Bandits’ kicker said she’s loved having crowd support and encouragement from her male teammates. She said she’s always happy to see her friends in the stands sporting T-shirts with her name and number. Willis said most people haven seen Russell as just another football kicker.

Willis said his next move in training Russell is to increase her kicking strength. The Bandits’ head coach said she easily makes a perfect kick at 20 yards and thinks the kicker can go farther after more training.

“We’d like to get her to the point where she could make it about 25 to 30 yards out,” he said. “It’s a matter of refining technique and training to kick a different type of ball.”

Willis said the newest Bandits’ kicker tried out for the team like everyone else,



The newest Bandits kicker, Sarah Russell, stands outside Hangar 375 with her shop's football.

and if more women want to join the league they should. There are no gender specific rules about who can play, and the Bandits’ head coach said no one should feel ashamed or embarrassed about wanting to play.

“If you believe in yourself – try out,” Russell said. “I tried out thinking they were probably going to laugh me, but I figured I wouldn’t know if I could be good unless I tried out. Everyone has been really supportive. If you don’t try out, then you’ll always wonder if you could have made it.”

SUMMER, from C-1

urinalyses and bulletin boards.”

There were two categories based on unit size. There was the large unit category, which had over 300 personnel on-hand, and the small unit category, which had units with up to 300 personnel.

“This is the first year we actually had two categories, and I think it turned out real well,” Redmon said. “This actually gave smaller units, like 3rd Radio and Marine Heavy Helicopter Squadron 463 a chance to compete with units their size instead of against larger units like Headquarters and MALS.”

According to the letter of instruction for 101 Days of Summer, the campaign was “designed to create a summer-long

program to reduce illegal drug use and promote the responsible use of alcohol, while encouraging participation in healthy alternatives.”

The program was open to all commands and the first and second place units in each category received awards.

“Each first place command got a trophy, \$750 dollars to be used for food, non-alcoholic beverages or to help defray the costs of the ball, and a plaque,” Redmon said. “The second place commands received \$500 dollars and a plaque.”

Even though the foundation for the 101 Days of Summer is set, Redmon believes small things will continue to change from year to year.

“We like to listen to the suggestions from the various commands, and we are

always looking to revamp the events based on unit feedback,” Redmon said. “This year we implemented the two different categories; dodge ball, which seemed to be a huge success, and a penalty system for Bayfest in which each command automatically received 500 points for Bayfest, but for every drug-related incident they got, they were deducted 10 points.”

All in all, Redmon believes the program went well, and will continue it next year.

“The unit participation was great in the 101 Days of Summer,” Redmon said. “I think it did what it was designed to, which was to help prevent drug abuse and provide an alternative for the Marines and Sailors instead of being bored in their barracks.”

SPOTLIGHT ON SPORTS

—SPORTS BRIEFS—

4th Annual Splash & Dash

The public is invited to compete in Helicopter Anti-Submarine Squadron Light 37's 4th annual Splash & Dash Biathlon Oct. 20 at 7 a.m. The event starts at Hangar 103, and includes a 5k run and 500-meter swim. The cost is \$18 for individuals and \$36 for two-person teams.

Today is the last day to register, so visit <http://www.mccshawaii.com/cgfit.htm>.

SM&SP Diamond Head Hike

The Single Marine & Sailor Program invites single E-5s and below to hike the Diamond Head crater Oct. 20. Meet at Kahunas Recreation Center at 9 a.m. for this free event, including transportation.

For more information, call Dan Dufrene at 254-7636.



2007 Intramural Softball Fall Standings

TEAM	WINS	LOSSES
HQBN "ASP"	20	2
CSSG-3	17	2
2-2	19	6
MAIS-24	16	8
VP-47	10	10
CSSG-3 "MAINT"	10	12
HSL-37	9	15
VR-51	7	13
3RD RADIO BN	7	16
MAG-24 "ORD"	7	19

Standings as of Oct. 16



2007 Intramural Tackle Football Standings

TEAM	WINS	LOSSES
CAMP SMITH	6	0
MAG-24	4	2
CSSG-3	2	4
HQBN	0	6

Standings as of Oct. 11
Playoffs kick off Wednesday at 6:30 p.m.

Commander's Cup Bowling League 2008



Bowling stats will resume in the next issue.

File photo

Helping out



Pic. Ronald W. Stauffer

Manuel Garcia, event volunteer, waits with his team for the okay to start bowling during a Special Olympics kids bowling tournament at K-Bay Lanes here Saturday.

DANCE MOVEMENT ACADEMY AND K-BAY GYMNASTICS

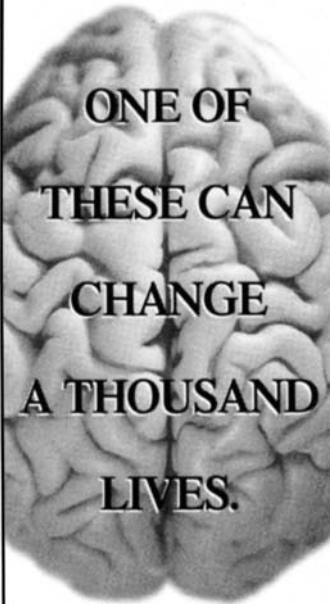
Dance and Gymnastics classes are available for youth between the ages of 1 and 18.

Classes are held Monday through Saturday and encompass areas of interest such as Team Gymnastics, Cheerleading, Tumbling and Trampoline, Jazz and Tap Dancing, Hula and others.

Interested participants are offered one free trial class. Fees will vary according to class frequency and length. Call 479-3273 to arrange your free class.



American Heart Association
Fighting Heart Disease and Stroke



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BEFORE YOU TAKE IT OFF,
THINK ABOUT HOW WELL IT FITS.

U.S. MARINES

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MARINE RESERVE

HEALTH AND WELLNESS

Sexual responsibility key to mental growth

Kelli Kirwan
LIFELines

Life in the military can be lonely. Separations leave spouses and partners alone for long periods. The drive for physical intimacy doesn't stop because of military duty. Giving in to these physical wants, or confusing them with the longing for emotional intimacy, can lead to broken marriages, broken hearts and lifelong health problems.

Sexually Transmitted Diseases

One night stands or casual sex may offer temporary fun, but the notion of "a girl in every port" is not only irresponsible but also dangerous. Herpes, Chlamydia, gonorrhea, syphilis, and AIDS are just a few of the more than 20 STD's that have been identified. Many of these diseases can lead to infertility or birth defects. Babies born to infected mothers may suffer infections, blindness or death.

The chances of contracting an STD can be reduced by:

- ♦Waiting as long as possible before beginning sexual relations; the younger people are when they begin having sex, the more susceptible they are to developing an STD.
- ♦Maintaining a mutually monogamous relationship with an uninfected partner.
- ♦Using male condoms, which offer some protection from STDs if used correctly and all the time.
- ♦Limiting partners — the more partners over a lifetime, the greater the chances of contracting an STD.

- ♦Abstaining from sex.

Unplanned Pregnancy

Using condoms alone has resulted in many unplanned pregnancies, which also means condoms aren't fail-safe in protecting against STDs. There are a variety of birth control options available for women, but they're only effective if used correctly and even then they're not 100-percent effective. And, always remember, female contraceptives will not prevent STDs.

The only way to completely avoid a pregnancy is sterilization or abstinence. Sterilization may not be a realistic option for young people just starting their lives, and abstinence is a personal commitment that not everyone is willing to make.

Babies are born every day to Sailors and Marines who didn't think it'd happen to them. In fairness to both potential parents and the baby, a sexual relationship should not be entered into without considering the possibility of pregnancy. People must consider whether they'd want their current partners to be the parents of their children. If they're not practicing responsible sex, then they're already making that choice.

Under the Influence

Drug and alcohol abuse are often involved in risky sexual behavior. Both partners should be able to make coherent and informed decisions. People who stay in control of their senses also stay in control of their bodies.

Emotional Effects of Casual Sex

Having sex without love or deep commitment can leave feelings of emotional emptiness. Learning the difference between emotional intimacy and physical intimacy can prevent heartache and self-doubt down the road.

Consequences of Sexual Misconduct in the Military

Active duty members can face court-martial or unit-level disciplinary action if they're found guilty of sexual misconduct. Avoiding occasions of casual sex may protect active duty personnel from false accusations of date rape or inappropriate behavior.

Exploring Morals, Values and Spirituality

Life in the military puts demands and strains on relationships that most professions don't experience. Spiritual beliefs and striving to live by those values can guide the decision of when to have sex and with whom. Talking with chaplains of various faiths can help someone who doesn't already have a life philosophy or belief system in place.

Talking with Young People

Adults should practice sexual responsibility and teach it to the upcoming generation. Talking with teens about sex may be uncomfortable, but a 16-year-old with a baby is even more so. Teenagers need to be aware of the possible consequences of entering a sexual relationship too soon, including emotional cost, disease and death.



File photo

Being sexually responsible shouldn't be viewed as old-fashioned or repressive. In fact, the sexual revolution has allowed people to be more in touch with their sexual needs. However, it's up to each individual today to not only practice safe sex, but smart sex as well.

Say no to soda, give water a try

Sherry Andrews
LIFELines

The next time you go for a jog or take the kids for a walk in the hot sun, think about this.

According to Bob Greene, an exercise physiologist, certified personal trainer, and the "New York Times" best-selling author of "Get With the Program, 75 percent of Americans suffer from mild dehydration every day.

Marines and Sailors are especially vulnerable to dehydration due to their increased activity levels and the likelihood of working outdoors.

Preventing dehydration is as close as your kitchen sink; that's right, good old H2O.

So, grab yourself a tall glass and read on about the benefits of drinking water.

Defining Dehydration

Dehydration is a condition that occurs when you are not drinking enough fluids to promote the many bodily processes that require water.

The National Library of Medicine and the National Institutes of Health sponsor an online Medical Encyclopedia with further information about dehydration and its signs and symptoms.

A dry mouth, dark yellow urine, a lack of tears (especially in children), and sunken eyes are all possible signs of dehydration.

In cases of severe dehydration, you may feel extremely weak and tired; if left untreated, this could lead to unconsciousness and/or other serious medical conditions.

Severe dehydration requires

medical attention immediately.

Benefits of Drinking Water

Drinking enough water every day is one way to contribute to a healthy lifestyle. Water is vital for many of the body's processes to work properly.

According to a University of Arizona Cooperative Extension Service article, the benefits of drinking adequate water are numerous. Water helps remove waste from the body, lubricates and cushions joints, is an active part of important chemical reactions in our bodies, and helps regulate a safe body temperature.

How Much Should I Drink?

The amount varies accord-

ing to gender, activity level, work conditions, temperature, humidity, season and the climate at your duty station. A general rule for adequate hydration is eight to 10 8-ounce glasses of fluids for females and 12 8-ounce glasses for males.

Navy Lt. Gray Dawson, a physician at the Marine Corps Mountain Warfare Training Center, Bridgeport, Calif., says to drink eight 12-ounce cups of water a day; more with heavy exercise. Dawson recommends drinking a quart of water per hour of exercise.

Water vs. Caffeinated Beverages

The best choices are water and other non-caffeinated beverages. Caffeinated beverages cause excess water loss by their effect on the kidney,



File photo

Dawson says. Instead of being reabsorbed, the caffeine's diuretic effect causes water loss through the urine.

Heat-Related Illnesses

"If you don't drink enough water when engaging in physical activity in hot weather conditions, your body may lose the ability to thermo-regulate or maintain a proper body temperature, which can lead to heatstroke, heat exhaustion, and other heat

related illnesses," according to Petty Officer 2nd Class Jared Fanning, an instructor at MCMWTC.

Your active lifestyle demands you take excellent care of your body. Maintaining a healthy lifestyle includes making wise choices about the quality and quantity of fluids you drink. Quench your thirst with water whenever possible; drink more during hot weather and exercise.

HEALTH AND WELLNESS

Fluoride facts valuable to service members

Press Release
American Dental Hygienists Association

Facts regarding fluoride and usage gathered by the American Dental Hygienists Association follow:

- ♦Fluorine, from which fluoride is derived, is the 13th most abundant element and is released into the environment naturally in the water and air.
- ♦Fluoride is naturally present in all water. Community water fluoridation is the addition of fluoride to adjust the natural fluoride concentration of a community's water supply to the level recommended for optimal dental health, approximately 1.0 parts per million. One ppm is the equivalent of 1 mg/L, or 1 inch in 16 miles.
- ♦Community water fluoridation is an effective, safe and inexpensive way to prevent tooth decay. Fluoridation benefits Americans of all ages and socioeconomic status.
- ♦Children and adults at low risk of dental decay can stay cavity-free through frequent exposure to small amounts of fluoride. This is best gained by drinking fluoridated water and using a fluoride toothpaste twice daily.
- ♦Children and adults at high risk of dental decay may benefit from using



File photo

additional fluoride products, including dietary supplements (for children who do not have adequate levels of fluoride in their drinking water), mouth rinses and professionally-applied gels and varnishes.

- ♦Scientific evidence supports the use of community water fluoridation and the use of fluoride dental products for preventing tooth decay for both children and adults.
- ♦Adjusting the level of fluoride in drinking water first used fluoride as a preventative for tooth decay in Grand Rapids, Michigan. Fluoridation of drinking water has been used successfully in the United States for more than 50 years.
- ♦Fluoridation of community water has been credited with reducing tooth decay by 50-60 percent in the United States since World War II. More recent estimates show decay reduction at 18-40 percent, which reflects that even in communities that are not optimally fluoridated, people are receiving some benefits from other sources like bottled beverages and toothpaste.
- ♦Fluoride's main effect occurs after the tooth has erupted above the gum. This topical effect happens when small amounts of fluoride are maintained in the mouth in saliva and dental plaque.
- ♦Fluoride works by stopping or

even reversing the tooth decay process. It keeps the tooth enamel strong and solid by preventing the loss of (and enhancing the re-attachment of) important minerals from the tooth enamel.

- ♦Of the 50 largest cities in the United States, 43 have community water fluoridation. Fluoridation reaches 62 percent of the population through public water supplies – more than 144 million people.
- ♦Water fluoridation costs, on average, 72 cents per person per year in U.S. communities.
- ♦Consumption of fluids – water, soft drinks, and juice – accounts for approximately 75 percent of fluoride intake in the United States.
- ♦Children under six may develop enamel fluorosis if they ingest more fluoride than needed. Enamel fluorosis is a chalk-like discoloration (white spots) of tooth enamel. A common source of extra fluoride is unsupervised use of toothpaste in very young children.
- ♦Fluoride also benefits adults, decreasing the risk of cavities at the root surface as well as the enamel crown. Use of fluoridated water and fluoride dental products will help people maintain oral health and keep more permanent teeth.

Eye injuries, accidents often happen at home

Press Release
Prevent Blindness America

The most dangerous place for eyes is the home. The Consumer Product Safety Commission states that in 2006, more than 219,000 Americans went to the emergency room for eye injuries. And, more than half of those injuries occurred in the home, more than any other location. When chemicals such as household cleaners, bleach and paint enter the eye, they can cause painful and serious damage. Lawn maintenance can also be hazardous to eyes as clippings from trimmers or rocks and debris thrown by lawnmowers become airborne.

And those working on cars or other machinery in the garage can suffer injuries when battery acid, gasoline and other liquids splash onto the face and enter the eyes. Fortunately, 90 percent of all eye injuries are preventable by simply wearing the proper eye protection. Safety goggles should have “ANSI Z-87” stamped on the lenses or frames, meaning they are certified by the American National Standards Institute. After any project, make sure hands are washed thoroughly before touching the eyes or face. “When we perform the same chores or tasks around the house, week after week, we can get complacent about how

quickly accidents can happen,” said Daniel D. Garrett, senior vice president, Prevent Blindness America. “We all need to take extra care when we’re at home to protect our sight and not wind up in the emergency room.” Children are also at risk for eye injuries in the home. Everyday household items such as hangers, glue or pencils can suddenly become dangerous, causing many accidental injuries. Injuries may include burns, contusions, abrasions or punctures. Prevent Blindness America has the following tips for protecting children from injuries in the home:

- ♦Teach children not to run around with forks, knives, pencils, combs or toothbrushes.
- ♦Keep detergents, cleaning supplies, nail polish remover, mouthwash and cosmetics in locked cabinets or out of reach.
- ♦Keep clothes hangers in the closet.
- ♦Place nails, glue, screwdrivers and other tools out of reach of children.
- ♦Keep younger children away from work areas where power tools are being used.

For more information on home eye health and safety, call Prevent Blindness America at (800) 331-2020, or visit <https://www.preventblindness.org/safety>.



File photo



Nick Guerra, HQBN quarterback, breaks through the line in a sneak play to pick up a few extra yards before getting tackled at an Intramural Tackle football League game at Pop Warner Field here Oct. 10.

FOOTBALL, from C-1

“They’re beating us off the ball every time, and it’s the bottom line that we have to get better,” Walston said. “Stay with your blocks, it’s fundamental, and we need to get it together, so stand up, get your heads up and let’s go play some football!”

CSSG-3 received the ball at the beginning of the last half but didn’t make it too far against the HQBN defense. Green was sacked once and almost again but got the ball off for a failed completion.

During a miraculous play, Johnson intercepted a short pass, running all the way back to the end zone and putting CSSG-3 on the scoreboard for the first time of the night, but missed the two-point conversion, makng the score to 6-2.

As the HQBN offense fought hard to regain the lead, the CSSG-3 defense stepped up and shot them down for the rest of the quarter.

Shortly into the final quarter, Maurice Cork, HQBN tight-end, came out with an over-the-top pass, while evading the safeties and running in for a touchdown, putting the team back in the lead, 8-6.

As the clock ran down and the two minute warning buzzer sounded, tempers flared as CSSG-3 fought tooth and nail to put more points on the board.

With 1:27 on the clock, Green dropped a pass straight into the hands of Vital who ran down field. He then ran straight into the end-zone, bringing the score to 12-6, and things looked grim for HQBN.

“We’ve got plenty of time on the



Jeremy Winkfield, CSSG-3 tightend, is examined after being injured.

board; don’t worry about it,” Miller said, with 1:03 left on the clock. “We’ve got this.”

To the dismay of HQBN, they were unable to make any completions before the clock ran down, resulting in a final score of 12-8 and another loss for the season.

“It was a good game,” Wallace said. “We worked hard and when it came

down to it the other team wanted it more. Practice makes perfect and that’s something we’re lacking. We’re going to take it back to the basics.”

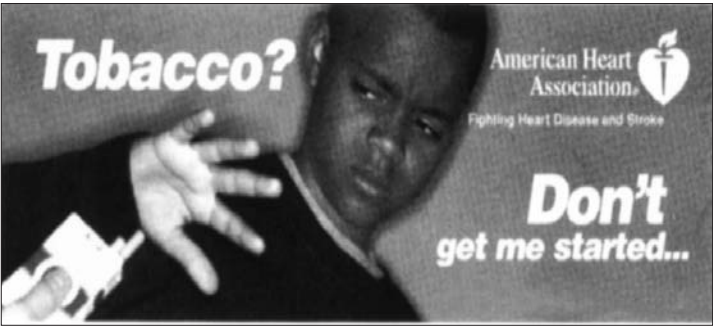
The final games for the teams were Wednesday, with HQBN against Marine Aircraft Group 24 Bandits and Thursday with CSSG-3 going against the undefeated Camp Smith Raiders. Look for the end of the season result in next week’s issue.



Irving Green, CSSG-3 quarterback, is sacked after the HQBN defense breaks through the line.



Jeremy Winkfield, CSSG-3 tight end, receives a pass just short of the end zone.





John Rutherford (right), Bada-Bing left centerfielder, catches a high fly ball for an out during an Intramural Softball League game at Risely Field here Monday.

SOFTBALL, from C-1

The EasyRiders fought back in the end of the second inning, as well as the third, trying to pull away from Bada-Bing. They were successful at the top of the third with a score of 8-6, and showed no sign of slowing down.

During the fourth and fifth innings, both teams struggled to bring their pop

flies down and bring runs in.

At the bottom of the fifth and final inning, Bada-Bing managed to slip one last run in, brining the score to 8-7, before they retired to the field for the final stretch of the game.

Already in the lead, the EasyRiders didn't need their last up at bat winning the game 8-7, making it their second win of the night and

leaving Bada-Bing to face the next team in their double header.

Laughing, the EasyRiders team said they were going to Sizzler to celebrate their two victories.

On the other side of the field, Dan Nicks, Bada-Bing team captain, prepped them for the next game, telling them they needed to play smart ball and make good hits.



Brian Teets, EasyRiders left centerfielder, runs to first base after hitting an infield grounder.



Motivated fans cheer on the the EasyRiders as they bring in runs.



Dan Nicks, Bada-Bing team captain and second baseman, eyes a ball as he prepared to swing away.

AROUND THE CORPS

Okinawa Marine selected to All-Marine Running Team

Lance Cpl. Robert C. Frenke
MCB Camp Butler

CAMP FOSTER, OKINAWA, Japan — While it’s part of any Marine’s physical training regimen, running takes passion and dedication to continuously improve, and one Okinawa Marine’s exceptional running ability and dedication recently earned him a spot on the All-Marine Running Team.

Cpl. Thomas Kunish, fiscal technician, Disbursing, III Marine Expeditionary Force, was the only Marine from Okinawa to make the team.

Kunish is a member of the Free Run Okinawan running team, a group of Japanese and American runners who compete in races across Okinawa and on mainland Japan.

Kunish’s command and Marine Corps Community Services Semper Fit nominated him for the team, submitting his application to Headquarters Marine Corps Semper Fit. The application highlighted his running accomplishments over the past two years and his last finishing time for a half marathon.

“He’s an outstanding runner,” said Corey Carter, a sports specialist with MCCS Semper Fit here. “He finishes in at least the top 15 in every race he competes in.”

Kunish took home top honors at the Camp Kinser Open Half Marathon, Oct. 7, with the best overall time at 1:17:36. He averaged a pace just under six minutes per mile, running on a hilly, winding course with high winds.

“My command has been really supportive of me,” Kunish said. “It’s an amazing opportunity.”

Kunish, a 27-year-old native of St. Petersburg, Fla., says he was inspired to become a runner by his older brother, who ran cross-country in high school.

“Like most little brothers, I wanted to be like my older brother,” Kunish said. “So, I started running.”

Kunish began running in middle school in 1993 and has continued on that track ever since. He received an academic and athletic scholarship to Florida State University, where he was a member of the varsity track & field and cross-country teams. He was also a member of the 2002 Atlantic Coast Conference Championship Team.

Kunish graduated from Florida State in 2002 with a Bachelor of Arts in International Affairs with a minor in geography. He enlisted in the Marine Corps in 2006.

“I needed a change in my life,” Kunish said. “The



Lance Cpl. Kevin M. Knallay

Thomas Kunish, who was recently selected to the All-Marine Running Team, cools off during the 18th Annual Camp Kinser Open Half Marathon Oct. 7. Kunish finished first overall with a time of 1:17:36, averaging less than six minutes per mile.

Marine Corps offered me the ability to do something different with my life.”

Kunish has committed a lot of time on Okinawa to

improving himself as a runner. He said he runs an average of 80 to 100 miles per week.

“Running is an addiction,” he said. “If I don’t run in the

morning, all I can think about throughout the day is that I have to run 14 miles tonight.”

While Kunish is training, he focuses on positive visuali-

zation — a technique of creating a clear image of what he wants combined with a strong, positive emotion.

“I put a goal in my mind —

like coming in first place — and focus on that,” he said. “I try to only focus on good things.... I seem to move a lot faster.”

